



SUN SMART

POLICY

School, OSHC and Vacation Care



## St Francis School and OSHC's Sun Protection policy

This policy applies to all school, OSHC and vacation care activities and events on and off-site.

### Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

### Objectives

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- work towards a safe school environment that provides shade for students, staff, and the school community at appropriate times.
- assist students to be responsible for their own sun protection.
- ensure families and new staff are informed of the school and OSHC service's sun protection policy.

### Procedures

#### School implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), [myuv.com.au](http://myuv.com.au) or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 and whenever UV levels reach 3 and above at other times.

#### OSHC and vacation care implementation times

**Before school care:** sun protection is not required, as the UV Index is rarely 3 and above at this time. During terms 1, 3 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day.

**After school care:** sun protection is required during terms 1 and 4 and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

**Vacation care:** sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

## Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

*Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the Bureau of Meteorology, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.*

## Sun protection measures

### 1. Hats

All students and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck. Baseball caps are not acceptable.

Hats are a COMPULSORY PART OF THE SCHOOL UNIFORM so therefore should be worn:

- At both first and second lunch, sport & P.E. lessons and other outdoor activities including OSHC and vacation care
- On excursions
- School Camps

### 2. Clothing

St Francis has an Active Play Uniform that promotes gender and equity of all students and encourages movement and participation. It has been specifically designed with SunSmart principles in mind. The following aspects of the uniform support SunSmart principles:

- High UV protection materials used in all clothing items
- Long sleeve polo tops with collars
- Longer style shorts and track pants
- Broad brimmed hats

Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

### 3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use.
- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use.

- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Students are encouraged to apply sunscreen before or upon arriving at school.
- Students are reminded to apply sunscreen before going outdoors.
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.
- Students are encouraged to apply sunscreen themselves and are given time to apply and reapply it.

#### 4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the quadrangle area.
- St Francis has purchased 2 portable fold up Gazebos to use for sun protection when students attend carnivals and outdoor activities away from school.

#### 5. Staff WH&S and role modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

#### 6. Learning and development

The Australian Curriculum provides opportunities for students to engage in inquiry learning about safe sun levels when outside in the Health and Physical Education Curriculum. Under **Personal, Social and Community Health** the band of ***Being Healthy Safe and Active*** provides scope for being Sun Smart. This band extends from Foundation through to Year 6.

#### 7. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters, school homepage and gatherings. New staff and parents will be made aware of this policy.

## Policy review

The school and OSHC service will review the policy regularly (at least every three years) and revise the policy when required.

Date of next policy review: **May 2027**

## Legislation

This policy relates to the following National Law and Regulations:

### **Education and Care Services National Law Act 2010**

- Section 167 – Protection from harm and hazards

### **Education and Care Services National Regulations 2011**

- Regulation 100 – Risk assessment must be conducted before excursion
- Regulation 113 – Outdoor space–natural environment
- Regulation 114 – Outdoor space–shade
- Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
- Regulation 170 – Policies and procedure to be followed
- Regulation 171 – Policies and procedures to be kept available
- Regulation 172 – Notification of change to policies or procedures.

### **Work Health and Safety Act 2012**

### **National Quality Standards**

All of the following sun protection procedures link to:

- **Quality area 2: Children’s health and safety.**

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

## Relevant resources

### Twinkl Curriculum Resource

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit: [Foundation – Year 6 sun safety curriculum resources](#)

### SunSmart Literature Activities

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: [www.generationsunsmart.com.au/sunsmart-literature-activities/](http://www.generationsunsmart.com.au/sunsmart-literature-activities/)

### Sid Seagull Activity Book

Fun Sid the Seagull simple activities such as colouring in, crossword puzzles and spot the difference. Visit: [www.cancersa.org.au/uploads/sunsmart/SunSmart%20activity%20book%20for%20kids.pdf](http://www.cancersa.org.au/uploads/sunsmart/SunSmart%20activity%20book%20for%20kids.pdf)

### SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>